

## ABSTRACT

The present invention relates to a lancet (2) including a lancet body (20) provided with a lancing needle (20a), and  
5 a casing (22) including a space extending throughout the casing for retaining the lancet body therein. In the lancet (2), the lancet body (20) is fixed to the casing (22) when an external force exceeding a predetermined level in a particular direction is not applied to the casing (22), whereas the lancet body (20)  
10 becomes movable relative to the casing (22) when an external force exceeding the predetermined level in the particular direction is applied to the casing (22). The present invention also relates to a lancing apparatus which is used with the lancet (2) attached thereto.